



# GROUP EXERCISE SCHEDULE

## EFFECTIVE OCTOBER 11<sup>TH</sup> - OCTOBER 17<sup>TH</sup>

M	T	W	TH	F	SAT	SUN
CYCLE* (45) SHAYNE C	BARRE* (45) ERIN Y	CYCLE* (45) BRIAN C	BARRE* (45) ERIN Y	POWER SCULPT (45) GENIEVE M	TRX* (45) KIMBER BB	BARRE* (45) BLAYNE Y
BOXING* (45) JACKIE B	INTENSE MET-CON (45) DECLAN BB	PILATES (45) BLAYNE Y	INTENSE MET-CON (45) DECLAN BB	INTENSE MET-CON (45) DECLAN BB	BARRE* (45) ERIN Y	CYCLE* (45) SHAYNE C
BARRE* (45) ERIN Y	VINYASA YOGA (60) JADE Y	CYCLE* (45) LISA C	VINYASA YOGA (60) ORI Y	VINYASA YOGA (60) KATE Y	BOXING* (45) JUSTIN B	BOXING (45) JUSTIN B
BODY & BOXING (45) JACKIE M	PILATES (45) KIMBER Y	BARRE* (45) TAYLOR Y	PILATES (45) TAYLOR Y		CYCLE* (45) FELICIA C	MELT (45) BLAYNE Y
BARRE* (45) AMY Y	CYCLE* (45) SHAYNE C	HARDCORE (30) JESSICA M	CYCLE* (45) BRIAN C		PILATES (45) ERIN Y	TOTAL BODY (45) SHAYNE M
HARDCORE (30) KAREN M	BOOTCAMP (45) SEAN M	POWER SCULPT (45) JESSICA M	BARRE* (45) LANE Y		TOTAL BODY (45) FELICIA	PILATES (45) AMY Y
PILATES (45) AMY Y	YIN YOGA (60) DERRIC Y	CYCLE* (45) LISA C	BOXING* (45) KWAME "Q" B			STRETCH & RELAX (45) AMY Y
TOTAL BODY (45) KAREN M	BOXING* (45) KWAME "Q" B	BOXING* (45) JUSTIN B				VINYASA YOGA (60) JAMES Y
BOXING* (45) JUSTIN B						

### PLEASE NOTE THE FOLLOWING:

- SIGN UP REQUIRED FOR BARRE, BOXING, CYCLE, AND TRX. ALL OTHER CLASSES ARE FIRST-COME, FIRST-SERVED.
- SIGN-UP BEGINS 48 HOURS PRIOR TO THE START OF THE CLASS VIA OLS.
  - PLEASE BE ON TIME FOR CLASS. EMPTY CLASS SPOTS ARE GIVEN AWAY TO MEMBERS ON THE WAIT-LIST AT THE START OF CLASS.
  - EMPTY CYCLE BIKES ARE GIVEN AWAY **5 MINUTES** PRIOR TO CLASS START TIME.
  - BOXING GLOVES WILL NOT BE PROVIDED. MEMBERS MUST BRING THEIR OWN.
- MEMBERS MUST WIPE DOWN THE EQUIPMENT THEY USE AFTER EACH CLASS.

### CLUB HOURS

MONDAY	5:30AM - 9:00PM
TUESDAY	5:30AM - 9:00PM
WEDNESDAY	5:30AM - 9:00PM
THURSDAY	5:30AM - 9:00PM
FRIDAY	5:30AM - 9:00PM
SATURDAY	8:00AM - 8:00PM
SUNDAY	8:00AM - 8:00PM BARRE* (45) ERIN

### LEGEND

C: CYCLE STUDIO  
Y: YOGA STUDIO  
M: MOVEMENT STUDIO  
NT: NORTH TERRACE  
PT: POOL TERRACE  
B: BOXING STUDIO  
BB: BASKETBALL COURT  
**RED:** INSTRUCTOR SUB  
**BLUE:** OUTDOOR CLASS  
**ORANGE:** GROUP EXERCISE FALL CHALLENGE  
BONUS CLASS (TWO TOKENS)  
\*: DENOTES CLASS SIGN UP REQUIRED

FOR COMMENTS & SUGGESTIONS REGARDING GROUP EXERCISE  
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